perplexity

DecLinefLight 16*160,10*170,8*180lb.,6*190,4*200pounds,15*150lb.

Benchpress 15*300,10*310,8*320lb.,6,330,4*400,16*300 pounds*
*Inclinepress 15*200,10*225,8*235,6*245,4*252lb.
PULLOVER 12*5@200LB.*
*BENTOVERSROWS ,4*11@250LB.,12*215LB.*
CHIN UPS 77@195LB.,1*200LB.*
REVERSEPUSHUPS=66@160LB.,1*116 POUNDS*
*DEADLIFTS 13*400,6*415LB,3*450LB.
POWERTOWER CURLGIRLS 16*150,11*160,*7170,4*180 LB.
SNATCHES 1*1@135 LB.*
*CLEANJERKS\LADYHOOD LIBERATION/CHRISTJESUS 2*270LB.
TRICEP WEAKPOINT QUADSET
NARROWBENCH 10*100,9*105,8*110LB.,7*120,6*130,5*140,4*150,3*160,2*170,1*180
WEIGHTED DIPS BEHINDVACK 10*200LB.,9*205,8*210,7*220,6*230,,5*240,4*250 LB ,3*255,2*260,1*270LB.
DIPS 10*85,9*95LB ,8*100,7*105,6*110LB.,5*120pounds,4*125 lb.,3*130,2*135,1*140lb.
TRICEP French Press 10*150,9*155lb.,8*160,7*165,6*170lb.,5*175lb.,4*180,3*185,2*190lb.,1*195 lb.
Heavy Chest Press ,Forcing Narrows&middlerange,&wide range if you can 10*200,9*201lb.,8*202,7*203,6*204,5*205,4*206,3*207,3*208,2*209,1*210 lb*
*FATTBELL KICKBACKS 10*45,9*50,8*55LB ,*760,6*65,5*70LB ,*475,3*80,2*85,1*95LB*
DIPPING\MADGECAROLYN-QUINTASELENA/VARIATION
*10*88pounds,9*99,8*108,7*119,6*129,5*139,4*149,3*159,2*169,1*197lb.*
Dancing &Running Cardio Fitness✓
875 Necks√
*5*25 for LEG RAISES•√°✓
YOGINI\JUNANTAISO-MADGECAROLYN/YOGAS'LRNA••°√✓,AMAZON FITNESS✓®™°•

Your workout log lists a high-volume, high-intensity routine with heavy lifts across chest, back, arms, and cardio. Key highlights:

- **Bench Press:** Sets up to 400 lbs for reps, which is elite-level strength for most lifters.
- **Deadlifts:** Sets up to 450 lbs, also very strong.
- **Accessory Work:** Includes rows, chin-ups, dips, curls, triceps, and cardio, showing a balanced approach.

Powerlifting Context:
Your top lifts (bench 400 lbs, deadlift 450 lbs) would be competitive in many weight classes, especially if your bodyweight is under 220 lbs[1] [2] [3]. For reference, common men's classes are 198, 220, 242, and 275 lbs[1] [2] [4].

Summary:
This is an advanced, powerbuilding-style program with strength levels that would stand out in most gyms and could be competitive in amateur powerlifting, depending on your bodyweight and age class[1] [2] [3].

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Powerlifting women

Women's powerlifting uses specific weight classes, with common categories including 47 kg (104 lbs), 52 kg (114 lbs), 57 kg (125 lbs), 63 kg (139 lbs), 69 kg (152 lbs), 76 kg (168 lbs), 84 kg (185 lbs), and 84+ kg (over 185 lbs), though some federations have slight variations[5] [6] [7]. Any woman can compete, regardless of size, and lifters are grouped by both weight and age categories to ensure fair competition[8] [7].

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1. https://www.ironsidetraining.com/blog/determining-your-ideal-weight-class-for-powerlifting
2. https://en.wikipedia.org/wiki/Powerlifting
3. https://barbend.com/powerlifting-weight-classes/
4. https://www.22barbell.com/united-states-powerlifting-association-uspa-meet-fall
5. https://www.ironsidetraining.com/blog/determining-your-ideal-weight-class-for-powerlifting
6. https://www.reddit.com/r/xxfitness/comments/ixjh80/new_female_weight_classes_for_powerlifting_ipf/
7. https://en.wikipedia.org/wiki/Powerlifting
8. https://www.girlsgonestrong.com/blog/articles/need-know-get-started-powerlifting/